



A Review on Adharaniyavega with Special Reference to Mutra Vega Dharana

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Abstract: According to the ancient *Ayurvedic* texts, there is one main cause of all types of diseases and that is the suppression of natural *vegas*. In modern life style, we find ourselves actually suppressing most of the natural *vegas* of the body. We forcefully suppress the *vega* of *ksava* in a meeting, the *vega* of *ksut* when busy with work, the *vega* to pass *mutra* while watching a favorite show on television or in distant traveling and the *vega* to eliminate *sakrt* is suppressed due to inadequate toilet facilities. These long-term suppression of natural *vegas* could be the cause of sickness. The suppression of natural *vegas* brings changes in every system of body. Therefore, it should not be suppressed.

This is a literary type of study. All sorts of references related to *Adharaniyavega* had been collected and compiled from various available classics texts of *Ayurveda* like *Charaka*, *Sushruta*, *Vagbhatsamhita* with available commentaries.

One should not suppress the alarming urge of *Mutra*, *Purisa*, *Retas*, *Vata*, *Chardi*, *Ksavathu*, *Udgara*, *Jrmbha*, *Ksut*, *Pipasa*, *Baspa*, *Nidra*, *Srama-svasa*.

Vega-It means a stream, flood, rush, velocity, emotion circulation etc.

Dharana- It means holding, suppression, bearing support, retention, preservation, maintenance, protection.

Udeerana- That one which intensely brought by giving pressure is called as *udeerana*.

MUTRA

Rasa is the nutrient portion of the food while its non nutrient portion is called as *kittathe* liquid waste is brought to *bastiby* *siras* and it assumes the name *mutra*.

It is *annamala*. In body its *prakritapramana* is four *anjali*. Its function is excretion of *kleda*. *Srotas*-

mootravaha.Mula- basti and vankshana.

The concept of adharaniyavegas comes under swasthyachatuska. Whatever the concept described under swasthyachatuska are mainly to maintain the swastya of swastyaperso

Keywords: Adharaniya, vegas, Dharaniya, Mutra .

Introduction

Everything in this world is divided into good and bad that is useful and waste products, whatever is useful is utilized and waste is discarded. As the famous verse goes “*YathaBrahmandetathaPindande*”. Whatever is present in the world the same is within the body. Human body is an amazing machine which has a number of ways to balance the substance which could be useful and harmful to the body. To make balance of these substance our body is equipped with *vegas* which appear naturally^[1].

According to the ancient *Ayurvedic* texts, there is one main cause of all types of diseases and that is the suppression of natural *vegas*^[2]. In modern life style, we find ourselves actually suppressing most of the natural *vegas* of the body. We forcefully suppress the *vega* of *ksava* in a meeting, the *vega* of *ksut* when busy with work, the *vega* to pass *mutra* while watching a favorite show on television or in distant traveling and the *vega* to eliminate *sakrt* is suppressed due to inadequate toilet facilities. These long term suppression of natural *vegas* could be the cause of sickness. The suppression of natural *vegas* brings changes in every system of body. Therefore it should not be suppressed. But still some people suppress *vegas* because of occupational pressure in present life style^[3].

As defined by World Health Organization (WHO) health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity^[4]. *Mutravegadharanajanyavikara* is one of the commonly diagnosed conditions is all age groups. Estimates of the global burden of disease indicate that diseases of kidney and urinary tract account for approximately 830,000 deaths and 18,467,000 disability adjusted life years annually, ranking them 12th among causes of death(1.4 % of all deaths) and 17th among causes of disability (1.0% of all disability- adjusted life years). This ranking is similar across World Bank regions.^[5]

So, to maintain good health *Ayurveda* has described 13 *Adharaniyavegas* which should not be retained at any cost. Suppression of the *vega* to pass *mutra* causes pain in the body especially *Bastishool*, *Mehanashool*, *Mutrakrichrata*, *Shiroruja*, *Angabhanga*, *Asmari*, *Vinama*, *Vamkshanaha*^[6,7,8]

AIMS AND OBJECTIVES.

1. To study Adharaniyavegas in detail.
2. To understand role of Adharaniyavegas in maintainance of health.
3. To analyse the importance of *Mutra* as *Adharaniyavega*, and its significance in protecting the health.

MATERIAL AND METHODS.

This is a literary type of study. All sorts of references related to *Adharaniyavega* had been collected and compiled from various available classics texts of *Ayurveda* like *Charaka*, *Sushruta*, *Vagbhatsamhita* with available commentaries. Research articles are also referred from various websites. Literature available regarding *Adharaniya Vegas* from various journals and books were collected.

According to Charaka.

Adharaniya Vega^[9]

One should not suppress the alarming urge of

1. Mutra
2. Purisa
3. Retas
4. Vata
5. Chardi
6. Ksavathu
7. Udgara
8. Jrmmbha
9. Ksut
10. Pipasa
11. Baspa
12. Nidra
13. Srama-svasa

1. Mutra vega^[10]

Suppression of the urge of urine leads to the following disorder:

- *Vasti, Mehanayohsulam*(pain in urinary bladder and male penile region)
- *Mutrakrcchra*(painfulmichuration)
- *Siroruja* (headache)
- *Vinama*(act of bending down)
- *Vamksananaha*(distension in the groin region)

2. Purisa vega^[11]

Suppression of the urge of faces leads to following disorder:

- *Pakvasayasula*(pain in the colon)
- *Sirahsula*(headache)
- *Vata-varco-apravartanam*(retention of flatus and faeces)
- *Pindikodvesta*(cramps in the calf muscle)
- *Adhmana*(abdominal distension)

3. Sukra vega^[12]

Suppression of the urge of semen leads to the following disorder:

- *Medhra-vrsanayohSulam*(pain in the penis and testicle)
- *Hrdi- vyatha*(pain in the chest region)
- *VibaddhaMutra*(retention of urine)

4. Adhovata^[13]

Suppression of the urge of flatus leads to the following disorder:

- *Vit-Mutra*—Vata Sanga (retention of feaces,urine and flatus)
- *Adhmana*(abdominal distension)
- *Vedana*(Pain in the abdomen)
- *Klama*(fatigue)
- *JathareVatajasca Anya roga*(other abdominal disorder due to vitiation of Vata)

5. Chardi vega^[14]

Suppression of the urge of vomiting leads to the following disorder:

- *Kandu*(itching sensation)
- *Kotha*(large circular patches)
- *Aruci*(distaste)
- *Vyanga*(freckles in the face)
- *Sotha*(edema)

- *Pandu*(anemia)
- *Jvara*(fever)
- *Kustha*(skin disorder)
- *Hrllasa*(nausea)
- *Visarpa*(erysipelas)

6. *Ksavathuvega*^[15]

Suppression of the urge of sneezing leads to the following disorders:

- *Manyastambha*(stiffness in the neck)
- *Sirahsula*(headache)
- *Ardita*(facial paralysis)
- *Ardhavabhedaka*(hemicrania)
- *Indriyadaurbhalya*(weakness of sense organs)

7. *Udgara vega*^[16]

Suppression of the urge of belching leads to the following disorder:

- *Hikka*(hiccup)
- *Svasa*(dyspnea)
- *Aruci*(distaste)
- *Kampa*(tremors)
- *Vibandha*—*Hrdaya-Urasoh*(suppression in the heart and chest region)

8. *Jrmbha vega*^[17]

Suppression of the urge of yawning leads to the following disorder:

- *Vinama*(bending down)
- *Aksepa*(convulsion)
- *Sankoca*(contraction)
- *Supti*(numbness)
- *Kampa*(shaking)
- *Pravepana*(trembling motion)

9. *Kusdha vega*^[18]

Suppression of the urge of hunger leads to the following disorder:

- *Karsya*(emaciation)
- *Daurbalya*(weakness)
- *Vaivarnya*(change of colour and complexion)
- *Angamarda*(body pain)
- *Aruci*(anorexia)
- *Bhrama*(giddiness)

10. *Pipasa vega*^[19]

Suppression of urge of thirst leads to following disorder:

- *Kantha sosa*(dryness of throat)
- *Asyasosa*(dryness of mouth)
- *Badhirya*(deafness)
- *Srama*(exhaustion)
- *Sada*(weakness)
- *Hrdi-vyatha*(pain in the cardiac region)

11. *Baspa vega*^[20]

Suppression of the urge of tears leads to the following disorder:

- *Pratisyaya*(coryza)
- *Aksiroga*(eye disorder)
- *Hrdroga*(heart disorder)
- *Aruci*(anorexia)

➤ *Bhrama*(giddiness)

12. *Nidra vega*^[21]

Suppression of urge of sleep leads to the following disorders:

- *Jrmbha*(yawning)
- *Angamarda*(body pains)
- *Tandra*(drowsiness)
- *Siroroga*(headache)
- *Aksi-roga*(heaviness in the eyes)

13. *Srama-svasa*^[22]

Suppression of the urge of dyspnea on exertion leads to the following disorder:

- *Gulma*(abdominal swelling)
- *Hrdroga*(cardiac distress)
- *Sammoha*(unconsciousness or fainting)

VEGA- It means a stream, flood, rush, velocity, emotion circulation etc.^[23]

DHARANA- It means holding, suppression, bearing support, retention, preservation, maintenance, protection.^[24]

UDEERANA- That one which intensely brought by giving pressure is called as *udeerana*.^[25]

Many *Vegadharana* means forcibly withholding the urges which are initiated by the body. All these *Vegas*, when forcibly suppressed leads to vitiation of *Vata*.

Vegadharana is said as a prohibited bodily function as it result in vitiation of *Tridosha* and most importantly of *Vata* which is acknowledged as the controller of mind and body.

The word *Vegadharana* has two components *Vega* and *Dharana*. *Vega* means natural urge and *Dharana* is suppression, the *vegadharana* means suppression of natural urges.

Vega Udeerana means initiating the urges forcibly when they are not impending when the body is not producing these reflexes.

MOOTRA VEGA

Derivation-

The fluid secreted by kidney/urine.^[26]

Definition-

Rasa is the nutrient portion of the food while its non nutrient portion is called as *kittat* the liquid waste is brought to *basti* by *siras* and it assumes the name *mutra*.^[27]

Physiology of Mutra.

It is *annamala*.^[28]

In body its *prakritapramana* is four *anjali*.^[29]

Its function is excretion of *kleda*.^[30]

Srotas-mootravaha.^[31]

Mula- basti and *vankshana*.^[32]

TREATMENT.^[33]

The following measures are advised for the management of *Mutravarodha-janyaVikara*:

- *AvagahaSveda*(tub bath)
- *Abhyanga*(massaging the body)
- *Avapidaka* type of *Sarpipana* (intake of high quality of *Ghrita*)
- *TrividhaVastikarma*(3 types of medicated enemata i.e., *Asthapanavasti*, *Anuvasanavasti* and *Uttaravasti*).

DISCUSSION

The concept of *AdharaniyaVegas* comes under *SwasthyaChatuska*. Whatever the concept described under *SwasthyaChatuska* are mainly to maintain the *swastya* of *swastyaperson*.

For the manifestation of diseases the 3 causes *hina*, *mithya*, *atiyoga* of *kala*, *buddhi*, *idriyas*. These are the same causative factors for *nija* and *agantujarogasi*.e why to prevent these unmanifested disease every one should follow these principles.

Mutra vega dharana can cause serious problems related to mutra. A person initially knowing follows dharana of mutra and it becomes a habit in long term can cause serious problems. So to avoid all such upcoming problem person should be aware of his health and to follow adharaniya of all vegas as mentioned in our classics.

CONCLUSION

Out of two types of *vegas*, *Adharaniyavegas* play more important role i.e why they are explaines first in *samhitas*. To sustain the health both *Dharana* and *Udeerana* of *Adharaniya Vegas* are avoided. In *Adharaniya Vegas*, *Vata* plays more important role in maintainanence and production of diseases. The *vegas* are the natural physiological phenomenon, but the minute negligency convert into phathological state in the body.

While classification of *Adharaniyavegasmootravega* is explained first. It is because of its more frequency in the body comparatively to *purisha*. So, *purisha* is explained 2nd and so on.

As we know that health is only the strongest media to achieve every desired things of human beings. As explained in *Ayurveda Dharma*, *Artha*, *Kama*, *Moksha*, health is the root. One who desires long healthy life such person should definitely follow the advice given in *Ayurveda*.

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